

Coaching for Youth Development

(in-person 2.5 hours/online 60 minutes)

Purpose:

To provide coaches with the tools to create a team environment where athletes experience the following;

“I am protected, I am seen, I have choices, I am capable, I matter and what I do matters”

Coaches learn to apply the Building Blocks of Quality Youth Sports, a research-based framework developed by Coaching Corps.

Learning Objectives:

- Understand the critical role a coach can play in creating an environment where youth experience being safe, seen, heard, and valued.
- Understand and define the five Building Blocks of Quality Youth Sports (Safety, Team Building, Youth Engagement, Skill Building, Physical Activity)
- Design a practice incorporating the five Building Blocks of Quality Youth Sports
- Understand how individual and collective traumas can impact behavior of athletes and how a coach can respond to further the positive team environment and to strengthen their relationship with athletes.

Agenda:

Building Blocks of Quality Youth Sports: Introduction and Demonstration
(in-person 50 minutes/online 20 minutes)

Coaching Practice Model: Creation of a youth development practice model
(in-person 20 minutes/online 15 minutes)

Behavior Guidance – Understanding the impact of trauma on behavior and how to use behavior guidance techniques to build strong relationships with athletes and provide them the experience of being safe, seen, heard, and valued.

(in-person 50 minutes/online 25 minutes)

